



Cambourne & District u3a
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The Chair



I picked an old copy of a science magazine of my shelf with a front cover stating
'Why this chair does not exist' -a new view of quantum reality. Well I thought, I like science podcasts and at some point in the depths of the last century I got an O Level in Physics, so give it a go. Of course my optimism and curiosity soon hit the reality of the limits of my understanding and knowledge.

So basically, the chair is designed for me to sit on, but does it exist without me? In the quantum reality, what would it be if it didn't have a relationship to us? Would the chair still exist if there wasn't someone who could see it as such and interact with it? Delving into Schrödinger's cat was up next -brain reboot required.

So eschewing the quantum theory and instead listening to the words of that great musician and songwriter Burt Bacharach I'll go for -'A chair is still a chair even though there is no one sitting there'

So what, you will be thinking, is she rambling on about? Fair question. It's just my way of introducing the next item.

A u3a is not a u3a without someone being the Chair. Discuss.

Best wishes
Kath

Notes from a small committee

The committee decided that we should inform members of what we discuss at our meetings; although many decisions you will get to know anyway as they affect us all. We also discussed the possibility of having one of our meetings at the Hub so members could come along and see it in operation.

As those of you who have been on a committee will recognise, each committee member feeds back on issues specific to their own role. The committee is currently:

Chair: Kathleen Thompson – officer

Secretary: Christine Tyler – officer

Treasurer: Colin Norman – officer

Membership Secretary: Jan Nuttycombe

Equality, Diversity and Accessibility: Wendy Park

Minutes Secretary: Gill Habicht

Newsletter Editor: Peter Cornwell

Webmaster, Nigel Day, stepped down from the committee last year, but is still willing to attend if we need advice re his role.

One reason we need to consider committee matters is that all three officers will have served 3 years by the AGM in July. According to our Constitution, a committee member can take on another role but they are required to have a year's gap to continue in their own position. The Treasurer, however, can actually serve for 6 years if they choose to do so.

We can amend the Constitution to negate the year gap, but the reason it exists is to introduce new people in our governance who can look with a fresh eye on the issues we discuss. This includes members new to the U3a, as well long-standing ones.

People coming forward is often vital; Jan joined us when we were in danger of not being quorate. Sometimes, as with Wendy, because they think representation on the committee can help highlight a particular issue.

It certainly is not necessary to have served on a committee previously. For example, I had never chaired a meeting but got advice from the retiring Chair – Fran. Whereas Gill has been a minute taker and Chair in the workplace. We can provide support like shadowing a role, so do let us know if you are interested in joining us. Coffee and biscuits await! – **Kath**

Cambourne U3a Dance Group

The weekly U3a dance group, or, more correctly perhaps, dance fitness group, is run by the wonderful Sophi, who is a teacher with Inspirations Dance. She puts us through our paces with a variety of steps and wonderful rhythmic music, mostly from the 1980s, and everything from Rock to Latin American.

The group outgrew its first home in the Parish Meeting Room, now meeting in the main hall at the Blue Space. Sessions last for 45 minutes, with Sophi watching that we are all managing the steps and the pace, and offering advice and alternatives if needed. We have only one brave man in the group at the moment, though our dances are usually in circles or lines where partners are not needed.

Each session begins with a warm up and ends with a cool-down, and I think I speak for all participants, that we go away feeling energised and up-beat. **Fran**

FORTHCOMING TALKS

Date	Speaker	Subject
.15/3/24	Stephen Bown	Chase Africa (Community Health and Sustainable Environment)
19/4/24	Ian Cameron	East Anglia and the Danelaw
17/5/24	Bobbie Darbyshire	A beginning, a muddle and an end – Where do novelists get their ideas from?
21/6/24	David Short	Tales from the Queen’s Head, Newton
19/7/24	David Horan	Visit to Chernobyl – What remains?
16/8/24	Summer Break	
20/9/24	Graham Bruce	Trip to the American Great Lakes, Minnesota and the Battle of Little Bighorn
18/10/24	Tony Tutton	The life, music and Influence of Buddy Holly
15/11/24	Joanna Bogle	Winter Feasts and Celebrations
20/12/24		Christmas celebration

Need help with risk assessments for u3a activities /outings etc? Wendy Park will help or advise.

Contact Wendy : fwendypark@aol.com

cambou3anews@gmail.com



**Cambourne & District
u3a**

**Monthly Meeting at the Hub
On Friday, 15th March at 10.30, talk at
11.00**

**by Professor Stephen Bown,
University College London
C.H.A.S.E. Africa**

**supporting health and environmental
programmes in rural East Africa**

CHASE Africa is a UK based charity that supports partner local organisations in East Africa that provide mobile health care with a focus on family planning and women's rights in remote areas, together with programmes to protect the environment and build resilience to climate change. The talk will illustrate what life is like in these areas, how educational and clinical services are delivered and how conditions are changing. I am a retired hospital doctor and a Trustee of CHASE Africa. Prof. Stephen Bown website: www.ChaseAfrica.org.uk



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Interest Groups and leaders Update

Richard Davies -World War Ii

Sandra Davies - Theatre Group

Anne Jones - Get to know your I pad

Jeff Jones - Genealogy

Louise Kershaw - Book club 1

Janet Leonard -Book club 3

Colin Norman -Bridge Club

Fran Panrucker -Allsorts Art Appreciation, Book club 2

Dance fitness

Lucy Purvey - Darts and Pool

Janet Rogers -Walking group

John Thornton- Classical Music

Christine Tyler -French Intermediate

Lesley Woodger - Out to Lunch, Gardens Galore

Our thanks to John Thornton for setting up the classical music group.

Also thanks to Jo Darlington for providing her home and piano as the venue.

Thanks also to Lucy Purvey for setting up the Darts and Pool group. We may soon have a table tennis group as you will know from a recent e mail.

Contact group leaders through the Website (Or me if not up there yet.)

cambou3anews@gmail.com

C&D u3a ‘Galanthophiles’ Visit to Anglesey Abbey on 5 th February



A perfect day to admire these beautiful little harbingers of spring. In fresh and breezy conditions an excellent and knowledgeable guide gave a tour of the snowdrop collection that was initiated by the Fairhaven family who once owned the estate. It was added to over the years by other galanthophiles.



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Darts and Pool

Following on from the recent high profile of Darts with its new prodigy, Lucy Purvey has started a new Darts and Pool interest group. As usual, members have different skill levels in both games, but in the spirit of the u3a we learn from each other and enjoy. After the first week it was an achievement for some to consistently hit the board. Although looking at the space under a dart board, it is apparent that the same route is experienced by many.

Alternative Monday afternoons - 2-4pm. Monkfield Tavern

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The following new groups have proposed by members.

Singing, Jazz appreciation,

Classical music, Board Games

Medieval history, Railways, Science,

Table tennis,

Gardening, Watercolour group,

Craft and sewing,

Current Affairs, Spanish/French beginners and intermediate group,

Spanish/French conversation

To get any of these groups going requires members to identify what groups they would be interested in joining. If there is enough interest, people can get together to decide what to do. If you want to register an interest contact me through the group coordinator link on the website.

